

Abstract

Title: Biathlon-questions of early specialization

Goal: This study's goal is the determination of the positive and negative results of early biathlon specialization. We are primarily concerned with the premature termination of biathlonists' careers. We compare results obtained from athletes that specialized early with those that specialized later.

Method: Our analysis is based on surveys and unscripted interviews. We requested that 89 surveys be filled out, performed 39 unscripted interviews.

Results: We show whether early specialization has a positive or negative effect on biathlonists' health, and if it leads to the premature termination of biathlonists' careers.

Keywords: early specialization, biathlon, biological age, calendar age